

[www.feeling-blue.com](http://www.feeling-blue.com) -

## **RESOURCES – York County Community Programs**

### **A Healthy You**

Participants in this adult-only program will focus on skills necessary to be more active every day, choose and eat healthy foods and reach a healthy weight. Topics include dietary and physical guidelines for Americans, overcoming barriers and goal setting. The program includes 5 classes held over an 8-week period. Registration is required.

Hosting Organization: WellSpan Health

Call for schedule and registration information: HealthSource at (717) 851-3500 or 1-800-840-5905

### **Coping with the Holidays**

This free session focuses on strategies for coping with the holiday season after the death of a loved one. Space is limited and registration is required.

Hosting Organization: Hospice and Community Care's Pathways Center for Grief and Loss

Call for schedule and registration information: 391-2413 or 800-924-7610

### **Coping with the Holidays: Living for Today**

Attend one or all of these free weekly opportunities to connect with others throughout the holiday season. Space is limited and registration is required.

Hosting Organization: Hospice and Community Care's Pathways Center for Grief and Loss

Call for schedule and registration information: 391-2413 or 800-924-7610.

### **Coping with the Holidays: Planning Ahead**

Attend one or all of these free weekly opportunities to connect with others throughout the holiday season. Space is limited and registration is required.

Hosting Organization: Hospice and Community Care's Pathways Center for Grief and Loss

Call for schedule and registration information: 391-2413 or 800-924-7610

### **Healthy Heart Express**

This class will feature an update on the role of nutrition and heart disease, the American Heart Association dietary guidelines, label reading and tips for making healthy food choices. Registration is required.

Hosting Organization: WellSpan Health

Call for schedule and registration information: HealthSource at (717) 851-3500 or 1-800-840-5905

### **I Can! Challenge**

This is a 13-week program for individuals with diabetes and heart disease who are ready to take the next step in improving their health. The Challenge gives individuals the tools and support they need to set goals, eat healthy, manage stress and get fit! Each week focusses on a different topic and includes presentations by experts and engaging discussion with peers. Registration required.

Hosting Organization: WellSpan Health

Call for schedule and registration information: HealthSource at (717) 851-3500 or 1-800-840-5905

### **Steps Toward a Healthy You**

This program provides you with up-t-date physical activity and nutrition guidelines and answers your questions about how to begin taking steps toward a healthy you. Registration is required.

Hosting Organization: WellSpan Health

Call for schedule and registration information: HealthSource at (717) 851-3500 or 1-800-840-5905

### **No-Obligation Quit Consultations**

Would you like to know more about what it takes to quit successfully, but aren't quite sure if now is the right time for you to quit? There are many options. Talk to a local tobacco treatment specialist and develop a better understanding of what it takes to beat tobacco and the resources that are out there to help you do it right, at the right time for you! This free confidential opportunity is offered with no obligation to enroll in a program.

Ongoing service -- can be scheduled at any time.

Hanover: Hanover Hospital – call (717) 316-7894 for more information

York: WellSpan Health – call (717) 851-5857 for more information

### **Freedom from Smoking Program**

A free 7-week group program for individuals, businesses and community organizations. Participants learn about effective ways to quit smoking, determine which method is best suited for him or her, and construct a customized quit plan. Community classes are offered three times per year. Any business and/or community organization can request a tailored program to meet their group's needs.

Hanover: Hanover Hospital – call (717) 316-7894 for more information

York: WellSpan Health – call HealthSource (717) 851-3500 or 1-800-840-5905

### **Individual Cessation Coaching**

Don't have time for or access to an on-site group or not a "group person?" No problem! Local tobacco treatment specialists offer free face-to-face, and/or telephone counseling, and an online, Web-based program. All of these free programs explore tobacco use issues and devise a custom quit plan.

Ongoing service -- can be scheduled at any time.

Hanover: Hanover Hospital – call (717) 316-7894 for more information

York: WellSpan Health – call (717) 851-5857 for more information

### **Tobacco Cessation 101**

For those who want to quit on their own, this program provides individuals with the necessary tools to quit smoking on a self-guided path, including; reviewing what tobacco does to the body, discussing approved medications to help you quit, helping you create a "quit plan" and providing support.

York: WellSpan Health

Registration is required; please call HealthSource at (717) 851-3500 or 1-800-840-5905 for schedule and registration information.

### **Resources and Discounts**

Local tobacco cessation programs offer an ever-changing variety of English and Spanish print and online materials available for free to the community. In addition, discount coupons for nicotine replacement products (patches, gum, lozenges) and quit medication(s) are sometimes available.

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York: WellSpan Health – call (717) 851-5857 for more information